

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (currently amended) A food and feed supplement containing vitamins, for improvement of health and performance, the supplement comprising
at least one C₁₋₈ carboxylic acid and/or its salt as the basic ingredient wherein the C₁₋₈ carboxylic acid is a formic acid, a citric acid, a lactic acid, a propionic acid, an ascorbic acid, a fumaric acid, an acetic acid or a benzoic acid;
the B₆, B₉ and B₁₂ vitamins in a combined amount of 10-50 mg/gram dry weight of the supplement, wherein the combined amount of the vitamins B₆, B₉ and B₁₂ ~~B₁₂, B₉ and B₆~~ at least corresponds to an amount of the COOH-groups of the are respectively in the range of 0.5-30 mg, 0.1-10 mg and 1-1500 µg/gram dry weight of the at least one carboxylic acid;
5-25 mg Fe/gram dry weight of the supplement; and
0-1 mg of an antioxidant per 100 mg dry weight of the supplement, the amount of the carboxylic acid and/or its salt will give a pH of 2.0-6.0 when the supplement is dissolved in water.
2. (canceled)
3. (previously presented) Supplement according to claim 1, characterized in that it contains 0.5-3.5 mg of iron fumarate per 100 mg dry weight of the supplement.
4. (previously presented) Supplement according to claim 1, characterized in that the supplement contains vitamin E as an antioxidant.
5. (previously presented) Supplement according to claim 1, characterized in that it contains a desiccant, preferably MgO.

6. (previously presented) A method for improving the performance of a human or an animal during stress and competition conditions, the method comprising:

administering to the human or the animal the supplement of claim 1 in an amount of 0.5-15 grams dry supplement/kg dry feed.

7. (previously presented) A method for improving the performance of a horse during stress and competition conditions, the method comprising:

administering to the horse 1-15 grams dry weight of the supplement/100 kg horse weight in a standard feed for horses.

8. (previously presented) A method of improving performance of a human during stress and competition conditions, the method comprising:

administering to the human 0.1-4.4 mg daily of the dry weight of the supplement of claim 1 per kilogram bodyweight.

9.-11. (canceled)

12. (previously presented) The supplement of claim 1, wherein the B₆ vitamin is in an amount of 0.07-24.6 mg/gram dry weight of the supplement.

13. (previously presented) The supplement of claim 1, wherein the B₉ vitamin is in an amount of 0.01-20 mg/gram dry weight of the supplement.

14. (previously presented) The supplement of claim 1, wherein the B₁₂ vitamin is in an amount of 0.33-120 µg/gram dry weight of the supplement.